

# ROASTED ROOT VEGETABLES

Hartford Public Schools, FCNS - 2018

Grades: K-12

Yield: 40 or 80 portions

INGREDIENTS	40 SERVINGS		80 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Carrots, diced, (medium)	5#		10#		<ol style="list-style-type: none"> <li>1. Sanitize work area with bleach &amp; water solution.</li> <li>2. Wash hands.</li> <li>3. Put on food service gloves.</li> </ol> <p><b>Cooking Methods:</b></p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400°F.</li> <li>2. Wash the carrots, turnips, sweet potatoes, peppers and onions. Let drain.</li> <li>3. Peel and dice the onions.</li> <li>4. Dice the peppers.</li> <li>5. In a large bowl add diced peppers, sliced onions and crushed garlic on top of the carrots turnips and sweet potatoes.</li> <li>6. Add the olive oil and mix all the vegetables together.</li> <li>7. Add the rosemary, salt (optional) and pepper.</li> <li>8. Mix all the ingredients together.</li> <li>9. Split the mixture in half on two baking sheets lined with parchment (4 trays for 80 Serv.).</li> <li>10. Spread the mixture evenly across the pan and place in the oven for 20 minutes in 400°F oven until lightly browned.</li> <li>11. Transfer each tray into a 4 inch half pan and serve immediately. Using a 4 oz. spoodle generously fill a 6 oz bowl.</li> </ol>
Turnip, diced, (medium)	2.5#		5#		
Sweet potatoes, diced, (medium) **	2.5 # **		5#		
Peppers red and green, diced (medium)	2.125#		4.25#		
Spanish onions, sliced		1 cup		2 cups	
Crushed garlic		¼ cup		½ cup	
Olive oil		1 ½ cup		3 cup	
Dried rosemary (ground)		2 Tbsp		4 Tbsp	
Salt (optional)		1 tsp		2 tsp	
Pepper, black		2 tsp		4 tsp	

**Serving Size:** 5/8 cup

**Meal Pattern Contribution:** 3/8 cup Red/Orange vegetable; 1/4 cup other vegetable

**NOTES:**

1 # Carrots, fresh, cooked and sliced = 8.16 (1/4 cup) portion (Red/Orange Veg)

1# Turnip, fresh, pared, cubed, cooked = 8.7 (1/4 cup) portion (Other veg)

1 # Sweet Potatoes, cooked and sliced = 9.1 (1/4 cup) portion (Red/Orange Veg)

Peppers, 1 lb. yields 9.8 servings of 1/4 cup diced

Onions, 1 lb. yields 7.9 servings of 1/4 cup cooked sliced onion

\*\* Butternut Squash can be substituted for the Sweet potatoes - 1lb.

Whole Butternut squash yields 7.5 svgs of 1/4 cup cooked, cubed squash (Red/Orange veg);

therefore, 2.75 lb. would yield 40 svgs of 1/8 cup.

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

**HACCP/Serving Instructions:**

1. Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F.

